

# Why Do We Treat Strangers Better Than Family Members?

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A big relationship problem can affect not only family businesses, but also our personal lives: We often treat friends, acquaintances, and even strangers better than our own family members.

In this interview, FamilyBusiness.org's Kimberly Eddleston talks with Ruschelle Khanna, a family business advisor and author of the book "Inherited Trauma and Family Wealth." They explore why we often don't treat relatives as kindly as strangers, the "cycle of chaos" and its impact on relationships and family businesses, and how to change dysfunctional attitudes and patterns. They also explore how to navigate conflicts, set boundaries, and cultivate kindness within the family, and share practical tips to improve communication and understanding, even in challenging moments.

[Link to video](#)

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[This article](https://familybusiness.org/content/lets-talk-about-money-and-trauma) (<https://familybusiness.org/content/lets-talk-about-money-and-trauma>) has more advice from Khanna, about healing trauma within the family.